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Naval Service Medical News (NSMN) (96-18)
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3. HEADLINE: MAIL ORDER PRESCRIPTION REFILLS OFFER
CONVENIENCE

BUMED WASHINGTON (NSMN) -- Imagine how convenient it would be to have your prescription refills delivered right to your doorstep. As TRICARE becomes available across the country, contracts for Mail Order Refills are also becoming available. Additionally, retirees and their families in several regions may be eligible for the DOD Mail Service Pharmacy Demonstration (MSPD). CHAMPUS eligible families members of active duty service members are eligible for the Mail Order program. However, active duty service members must still receive their prescriptions through military medical facilities.

The MSPD is currently available in two multistate regions: Florida, Georgia and South Carolina, or Pennsylvania, New Jersey and Delaware. TRICARE Regions with Mail Order contracts include 6, 9, 10, 11, and 12, which cover Hawaii, California, Oregon, Washington, Oklahoma, and parts of Texas, Arkansas and Louisiana.

People eligible to have their prescriptions filled through the MSPD include Medicare-eligible beneficiaries who are living in the Philadelphia; Oakland, CA; Seattle, WA; or Orlando, FL, areas and who relied on the pharmacy services at a BRAC-site medical treatment facility (MTF). Mail Order Pharmacy Service is also available at other sites where the availability of military medical support has been effected by Base Realignment and Closure.

Retirees and their family members, including BRAC

Medicare-eligibles, pay only \$8 per prescription for up to a 60 day supply of medication.

For patients on maintenance medications with long-standing prescriptions, having a mail-order pharmacy program is a convenient new way to get refills. Dispensing medication through the mail provides greater economic efficiency by reducing unnecessary handling costs and pharmacy workload and increasing patient satisfaction by reducing the number of return visits for refills.

To have a prescription filled through the mail, obtain a sign-up sheet from your health benefits advisor or pharmacist and submit it with your first order. Ask your health care provider to include the following information on the prescription: provider's name, address, telephone number and social security number. Also include the date, supply authorized and the number of refills authorized.

If you have any questions about your prescriptions, your pharmacist will be glad to assist you.
by Ms. Ann Kirby, BUMED Public Affairs Office

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HEADLINE: EYE CLINIC STAFF GOES TO SCHOOL YARD

USNH GUANTANAMO BAY, CUBA (NSMN) -- The Optometry Clinic at U.S. Naval Hospital Guantanamo Bay, Cuba recently took vision screening to the "school yard" of several local schools.

The hospital's optometrist, LCDR Ricky Toyama, MSC, and his staff, HM2 Sheldon Oguinn, HM3 Vincent Lafollette, and HN Tommy Booth, spent two days at a local elementary school and one day at the high school. The vision screening ensures returning Guantanamo Bay school children have optimum vision for their initial semester back on island.

The staff from the Optometry Clinic was able to take the normal school vision screening for visual acuity a step further by providing color vision, binocular and ocular screenings. What normally would have taken several weeks, took the crew from the Optometry Clinic just a couple days.

"It was a lot of fun seeing the children," said Lafollette, "because normally most of our patients are adults. It's a good feeling knowing the children are getting a proper eye test."

Eighteen percent of the children screened needed further testing (Rx upgrade, further binocular vision testing, etc.) at the Naval hospital. Because of the success of this screening, the Optometry Clinic will be "seeing" the school children again early next fall.
Story by Ms. Marcy Ellul, USNH Guantanamo Bay PAO

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HEADLINE: WHAT IS CHCS?

BUMED WASHINGTON (NSMN) -- What is CHCS? It is a fully integrated information system that automates functions ranging from patient administration to medical treatment and can support health care services during mobilizations. Installation of CHCS, the Composite Health Care System, is now nearly complete in approximately 227 military medical facilities in the United States and across the world with over 50,000 users. CHCS is improving access and quality of care for millions of our beneficiaries by providing on-line health care information such as allergies, prescriptions, and recent medical history.

CHCS, part LAN (Local Area Network) and part database, places patient information at the health care professional's fingertips. The physician, pharmacist, or radiologist can simply check the patient's medical history right there at their own computer.

One of the most noticeable benefits for the patient is the direct link to the pharmacy. With CHCS, the doctor no longer has to write a prescription. The information is simply entered into the computer and by the time the patient walks to the pharmacy, the prescription is being filled.

CHCS has revolutionized shipboard medical care by allowing virtually simultaneous communication between ships such as the USS George Washington and doctors at naval hospitals back home. The combination of CHCS and telemedicine allow the health care professional a complete picture of the patient's health.

Story by Ms. Ann Kirby, BUMED Public Affairs Office

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HEADLINE: RESERVE PSYCHIATRIST CARRIES OLYMPIC FLAME
BUMED WASHINGTON (NSMN) --This summer 5,500 individuals will represent their community by carrying the Olympic Flame and Navy Captain Charles A. Meyer, Jr. will be one of them.

Meyer, a Psychiatrist in the Naval Reserve, will represent his community of Atlanta, GA when he carries the most sacred symbol of the Olympic Movement. He was chosen as a "Community Hero" for his spirit of volunteerism and humanitarianism.

"I am honored and humbled to carry the Olympic Flame," said Meyer, 54.

For 84 days, beginning April 27, the Olympic Torch will bring the Olympic Flame to thousands of communities across America. The Flame is passed from torch to torch over more than 15,000 miles through 42 states and 29 capitols. Each torchbearer will carry the Flame up to one kilometer. Meyer is expecting to carry the Flame on July 13.

Meyer, who joined the Naval Reserve in 1964 currently works as Chief, Forensic Psychiatry Section at the Veterans Affairs Medical Center in Augusta, GA, and

Associate Professor at the Medical College of Georgia. As a Naval reservist, he drills with Marine Air Group 42 at Naval Air Station Atlanta and serves as Reserve Specialty Advisor for Psychiatry.

Meyer and his wife, Barbara, live in Augusta, GA and have four children: Katherine, 27, Atlanta; Charley, 26, Augusta; Elizabeth, 23, Augusta; and Jane, 21, Columbia, SC. By LT Edie Rosenthal, USN, BUMED Public Affairs

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HEADLINE: DUTY AT THE ARCTIC CIRCLE

NMC SAN DIEGO (NSMN) -- LCDR David Beardmore, who is assigned to the Reserve Liaison Office at Naval Medical Center, San Diego, recently volunteered to participate in an operational exercise conducted by the Reserve 4th Medical Battalion, and elements of the 4th Dental Battalion and Marine Corps Combat Engineering Unit.

What made this two week exercise remarkable was its location -- above the Arctic Circle where the temperature ranges from minus 20 degrees to a 20 degrees. "I'm a native San Diegan," Beardmore said. "So just functioning in that level of cold was really an experience."

According to Beardmore, Exercise Arctic Care 96 provided a cold weather training environment for 151 Navy personnel, active and Reserve, Marine Corps and Marine Corps Reserve, the Air Force, the Alaskan Army Air National Guard, the U.S. Public Health Service and the Alaska Indian Health Service.

"The mission was to provide sustainment training for the troops in extreme weather conditions and to provide humanitarian aid to the Native Americans who live in remote villages above the Arctic Circle," Beardmore explained.

"The health care providers performed a variety of emergency and primary care, dental and preventive medicine for some 2,000 Native Americans."

The most memorable project for Beardmore was the Marine engineers' modification of a leg brace for a child.

"The sixth grader afflicted with cerebral palsy, had outgrown her brace stand and the outlook for getting a replacement was grim. Using that good old Yankee ingenuity, the Marine engineers modified the brace so it not only fits now but can be adjusted to fit as the child grows," said Beardmore.

"We learned a lot about the human spirit from the Native Americans who are proud and happy people. They made us feel welcome and appreciated what we were doing for them, all of which resulted in extremely high troop morale in spite of the difficult living conditions.

By Ms. Pat Kelly, NMC San Diego Public Affairs Office

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HEADLINE: NAVY MEDICINE SELECTS TOP CIO

NAVHOSP PENSACOLA, FL (NSMN) -- Naval Hospital Pensacola's Management Information Department Head, LT James Martin, MSC, was recently selected as Navy Medicine's Chief Information Officer (CIO) of the Year for 1996.

The New York City native was cited for his "superb managerial and technical skills" in support of Fleet Hospital 6 during Operation Provide Promise in Zagreb, Croatia, where he established telemedicine capabilities between the field hospital and Naval Medical Center San Diego, according to CAPT Paul A. Tibbits, Commanding Officer of the Naval Medical Information Management Center (NMIMC) in Bethesda, MD.

Martin was also lauded for his support of Joint Task Force 160's Medical Detachment at Guantanamo Bay, Cuba and providing Composite Health Care System (CHCS) computer connectivity to Naval Aerospace and Operational Medical Institute in Pensacola and the Coast Guard Medical Clinic at Mobile, AL.

"It's been a challenge," said Martin, "but I wouldn't have it any other way. But the next thing on the agenda is getting the Department of Defense's (Health Affairs) Electronic Information Interchange initiative, involving TRICARE, up and running on the Web," he said.

Story by Rod Duren, NAVHOSP Pensacola Public Affairs

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HEADLINE: CLINICAL ENGINEER WINS HONORS

NMLC FORT DETRICK, MD (NSMN) -- Ms. Nisha Sidhu, a Civil Service Clinical Engineer stationed at the Naval Medical Logistics Command, Fort Detrick, Md. was selected by the Baltimore Federal Executive Board as a Silver Award Winner in the board's annual Excellence in Federal Career Awards Program.

Ms. Sidhu was a candidate for Rookie of the Year, awarded to the most outstanding new federal government employee. The announcement, made at the Annual Awards Luncheon in Baltimore, honored Ms. Sidhu for "her contributions to her command, her attention to detail, her ability to skillfully persuade others to her point of view, her professionalism, and her level of technical knowledge." Nominated by her Division Officer, LT Daryl Visser, Ms. Sidhu had previously been selected in local competition to represent the Army Garrison at Fort Detrick in regional competition. She beat out nominees from the Social Security Administration, the Internal Revenue Service, the Federal Bureau of Prisons, the Naval Academy, the Health Care Financing Administration, and the U. S. Coast Guard. Ms. Sidhu holds a B. S. in Biomedical Engineering from Rensselaer Polytechnic Institute, Troy, New York and an M. S. in Engineering and Applied Physics in Biomedicine from The Johns Hopkins University, Baltimore, Maryland.

By CDR Fred White, MSC, USN, NMLC Public Affairs Officer

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HEADLINE: NURSE CORPS CELEBRATE 88TH ANNIVERSARY

BUMED, WASHINGTON (NSMN) -- The Navy Nurse Corps was established on May 13, 1908. By October of that year, the first 20 nurses, later called the "Sacred Twenty," reported to the Naval Hospital in Washington, DC.

Today, over 3200 active duty and over 1,900 reserve Navy Nurse Corps officers provide indispensable clinical expertise, teaching and professional leadership at medical treatment facilities throughout the world; at fleet support and education/training commands; aboard aircraft carriers; amphibious ships and hospital ships; and at headquarters and joint service activities.

"We face many new challenges ahead...smaller numbers, closing facilities, changing health care missions and advancing technologies. Your contributions at every level of the organization are critical to the success of our operational and peacetime missions." Rear Admiral Joan M. Engel, Director, Navy Nurse Corps, in a message to Navy Nurses worldwide. "My sincere thanks for your dedication and hard work. You truly demonstrate that we are indeed a seamless force, diversified and empowered, the vanguard of nursing," she added.

By LT Edie Rosenthal, USN, BUMED Public Affairs

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HEADLINE: PSSST! WATCH OUT FOR THAT SNAKE

NMC SAN DIEGO (NSMN) -- "I thought my brother was playing a joke on me," said Riccardo Saenz, 9. "So I told him 'I'm not afraid of any old toy snake!' and then I grabbed the snake."

Riccardo, son of Gunnery Sgt. Rodolfo Saenz, USMC, Ret., and Aurora Benavides of San Marcos, was bitten by the 'toy snake' which turned out to be a real rattlesnake. The incident happened in, of all places, his own kitchen. He said the snake just slithered out from under the refrigerator.

"I was in another room when I heard him yell but didn't know what was wrong," said his mother. "As soon as I got into the kitchen, I saw the snake. I wasn't sure it was a rattler because the sound it was making was more like the sound of static."

Benavides said she called 911 immediately and Riccardo was Life Flighted to Children's Hospital where he was treated and stabilized before being transferred to the Naval Medical Center in San Diego.

Doctors at the Center say that Riccardo was very lucky. First, the bite happened indoors and in close proximity to other people and a telephone so he was able to get treatment right away. And secondly, although the snake was not full grown, the bite could have been lethal. Officials advise that very often the bite of an adolescent

snake can be more deadly than that of an adult because the young snake has not yet learned to control his venom output.

Riccardo's doctors say he will be fine but will be left with permanent bragging rights, "Let me tell you about the time I wrestled with a rattlesnake..."

By Ms. Pat Kelly, NMC San Diego Public Affairs Office

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HEADLINE: GLAKES SPONSORS HEALTHCARE ETHICS SYMPOSIUM
NAVHOSP Great Lakes, IL (NSMN) -- Naval Hospital Great Lakes will sponsor the sixth annual Symposium on Health Care Ethics entitled Bioethics in the New Age of Medicine. The symposium will be held 26 and 27 June. Some of the topics to be presented are:

- *The Business of Health Care
- *Ethical Decision Making in Home Health Care
- *Managing the Dying Process
- *The Ethical Climate in Hospitals
- *Ethical/Religious Decision Making in Health Care

The two day format provides a mixture of didactic and small group formats. Participation will earn CMEs and CEUs. There is a \$50 registration fee which includes continental breakfast, lunch, and refreshments each day.

For more information please call (847)688-6660/6661
DSN 792-6660/6661.

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HEADLINE: TRICARE QUESTION AND ANSWER

Q. How can I get more information about TRICARE and will there be a booklet like the CHAMPUS handbook?

A. DoD TRICARE Marketing Office is in the process of publishing 500,000 copies of a TRICARE Booklet that will explain your TRICARE benefits. The booklet will be available soon at all military treatment facilities. The 1996 CHAMPUS Handbook is being written and will be called TRICARE Standard. It is due in October of this year. In addition to these booklets, Health Benefits Advisors at military hospitals are an invaluable source of information, including TRICARE and other health benefits.

If you have questions about TRICARE you'd like answered in this column, please contact the editor (see last paragraph of this message on ways to do so).

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HEADLINE: HEALTHWATCH: TREADMILL BURNS MORE CALORIES

AMA, CHICAGO (NSMN) -- Of the most common exercise machines, the treadmill provides the most efficient way to burn calories, according to an article in a recent issue of The Journal of American Medical Association (JAMA).

Using 13 healthy young-adult volunteers (eight men, five women), researchers studied how the volunteers rated the level of effort while exercising on six different indoor exercise machines. The exercise machines included an Airdyne, a cross-country skiing simulator, a cycle ergometer, a rowing ergometer, a stair stepper, and a treadmill.

Researchers found that exercising on the treadmill at a "somewhat hard" level would expend approximately 700 calories an hour, compared to 500 calories an hour when using a cycle ergometer at the same level.

Although the type of equipment used affects the calories burned, exercise periods of longer duration could be used to burn the same amount of calories on a different type of equipment.

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HEADLINE: NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

BUMED WASHINGTON (NSMN) -- May is National Physical Fitness and Sports Month, and with summer right around the corner, there is no better time to start a fitness routine or get involved in sports. With about 33 percent of adult Americans and 25 percent of American children overweight, too many Americans are out of shape.

Obesity, which is defined as being 20 percent above desirable weight greatly increases the risk of premature death from heart disease, diabetes, and stroke. Obesity also contributes to high blood pressure and high blood cholesterol. As a result, health care costs related to unhealthy weight and sedentary lifestyle are now at over \$100 billion a year. In turn, we all pay the price for unhealthy lifestyle habits.

So what can we do to improve our lifestyles? First, evaluate your eating habits. What, how much, when, where, and why do you eat? Do you eat deep fried or breaded foods, sweets and rich deserts, "extras" such as salad dressings, gravies, or sauces on a regular basis? What about portion sizes? Make a list of what you eat in a typical day. Are there any extra fat and calories that could be cut?

Increasing your physical activity is essential to any attempt at permanent weight loss. Exercise burns calories and helps you become more fit as you become less fat. Although less than 20 percent of adult Americans currently exercise regularly 3 times per week, but Navy members should be complying with the CNO's direction for cardiovascular exercise 3 times per week. Physical fitness experts recommend 30 minutes or more of moderate exercise at least 3 times per week. Running, brisk walking, swimming, cycling, and aerobics are good examples.

Bottom line -- long term success depends developing a lifelong habit of physical activity and healthy eating. If you are considerably overweight or haven't exercised

for some time, please see your doctor prior to starting an exercise routine.

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